

MOTIVATION CHECKLIST



PLEASURE

Do I get enjoyment from the behavior?
Can I make it more enjoyable?



PAIN

Do I feel or perceive the behavior to be painful?
Can I remove the parts that I associate with pain?



HOPE

Do I believe that doing the behavior will lead to something good?
How can I create more positive anticipation from the behavior?



FEAR

Am I afraid that doing the behavior might lead to something bad?
How can I remove some of that fear and uncertainty?



ACCEPTANCE

Do I feel like doing the behavior will lead to better social status?
How can I garner more social support from the behavior?



REJECTION

Am I afraid that doing the behavior might alienate me?
How can I remove that risk and involve the people around me?



BEHAVIOR IS FUN TO DO

